Joachim Bartoll: Life Rebuilt, Source

Based on 1 source

Source Material Title & Author	Key Takeaway Point	Deep-Dive Podcast Script & Narrative Support	Hypercarnivore & Primal Health Context (Inferred)	Source
Unbroken - A Life Rebuilt From Within by Joachim Bartoll	The Failure of Germ Theory and the Reality of Biological Terrain	**Unbroken - A Life Rebuilt From Within by Joachim Bartoll.** Welcome to a deep dive into the paradigm-shifting world of Joachim Bartoll. Today, we are dismantling the very foundation of modern medicine: Germ Theory. Bartoll argues that Louis Pasteur was a charlatan whose unproven hypothesis became a cornerstone of institutionalized fraud. The narrative that external 'germs' invade and cause illness is a profit-driven myth. In reality, disease arises solely from within—from a poisoned internal environment or 'terrain' created by toxicity, nutritional deficiencies, and stress. Bacteria are not our enemies; they are our vital allies, our	Bartoll posits that humans are obligate hypercarnivores whose physiology is incompatible with plant defense chemicals and synthetic drugs, which primarily serve to destroy the biological terrain.	[1]

Good content Bad content